



Dry Eye:

The following go from least to most viscous:

Artificial tears: 4-8x/day

- Bottle (with preservatives)
- Individual Vials Free)
 - o Retaine
 - o Refresh
 - o Systane
- Thicker drops (anything with the ingredient Carboxymethylcellulose):
 - o Refresh Plus
 - o Refresh Celluvisc

Gel: at night

- Systane Gel
- Genteal Gel

Ointment: at night

- Retaine PM
- Refresh PM

Prescription:

- Restasis – twice a day
- Xiidra – twice a day
- Cequa – twice a day

There is no brand preference for the drops, gels and ointments. Drugstore brands are comparable to the branded ones mentioned above.

Other Treatments:

- Punctal plugs (see separate attachment)
- Autologous serum tears (see separate attachment)
- Compounded drops from compounding pharmacies (lacosamide, testosterone)
- Conjunctivochalasis treatment (Ellman procedure or surgery)

Moist Environment:

- Humidifier
- Moisture Chamber Glasses/ Goggles for outside and overnight- i.e. Tranquileyes (brand)
- Drink water



MANHATTAN EYE

www.ManhattanEyeNYC.com

Yuna Rapoport, MD MPH

Blepharitis/ Meibomian Gland Disease:

Step 1: Hot compresses on closed eyes
nightly for 1 minute (heat opens the
oil glands)

Step 2: Apply Ocusoft/ Avenova/ Cliradex
Foam onto circular cotton pads and
gently wipe eyelids from the nose out

Foam (available on Amazon or at
Manhattan Eye) is more gentle on eyelids
than the presoaked pads (available at drug
stores)



Stye treatment:

- As much heat as possible:
 - Boiled egg or baked potato wrapped in towels and hold over affected eye. As the heat decreases, unwrap the towel:
- Ocusoft/ Avenova as listed above
- Steroid/ antibiotic drops 4 times a day (you will be prescribed)
- Steroid/ antibiotic ointment at night (pull the lid down/ up and put inside the eye)

If needed: steroid injection, incision and drainage